

# SBL Cooking Demo: *Fun with Fall Foods*

## Fall/Winter

### Apple, Pear & Ginger infused water

#### Ingredients

- 1 Honeycrisp apple, sliced
- 1 pear, sliced
- 2 tablespoons minced ginger
- Diet Ginger Ale

#### Preparation

1. Add all ingredients to a pitcher and gently smash to release some of the juices.
2. Add ice and ginger ale to pitcher. Stir fruit into ginger ale and enjoy!

## Shepherd's Pie

#### Ingredients

- 1 HMR Vegetable Stew with Beef entrée
- 2 red-skinned potatoes (8oz. total)
- ½ cup each corn, green beans & carrots
- ¼ cup broth
- 1 dollop butter substitute (to taste)
- 1 dash salt and pepper (to taste)



#### Preparation

1. Microwave the potatoes until soft.
2. Mash the potatoes with the broth, adding butter substitute, salt and pepper.
3. Set aside
4. Pour the entrée into an 8" casserole dish.
5. Add the corn, green beans & carrots layering on top of the entrée.
6. Spread the mashed potatoes over the vegetables.
7. Microwave until warm. (for a golden brown top, heat at 350 degrees for 15-20 min)

# Brussels Sprout Salad

6-8 Servings



## Ingredients

12 oz. brussel sprouts, outer leaves removed  
1 pear, chopped  
1/3 cup dried cranberries  
1/3 cup bleu cheese, crumbled  
1/4 cup pecans, roughly chopped

## Dressing

1/4 cup extra-virgin olive oil  
2 tablespoons balsamic vinegar  
1 tablespoon maple syrup  
2 teaspoon Dijon mustard  
Kosher salt and freshly ground pepper to taste

## Preparation

1. Holding brussels sprouts by the stalk, use a sharp knife to cut sprouts into strips
2. Place Brussel sprouts in a large bowl, along with chopped pear, crispy onions, cranberries, cheese and pecans.
3. In a small bowl, whisk together olive oil, balsamic vinegar, maple syrup, and mustard, and season generously with salt and pepper.
4. Pour dressing over the salad and toss together until everything is evenly coated.
5. Serve and enjoy!

# Crispy Parmesan Cauliflower

Serving size – 1 1/2 cups

## Ingredients

1 head of cauliflower, cut into small florets  
1/4 teaspoon Kosher salt  
1/4 teaspoon ground black pepper  
1/4 cup grated parmesan cheese



## Preparation

1. Preheat the oven to 400 degrees. Line two baking sheets with aluminum foil and liberally coat the foil with oil spray.
2. Divide the cauliflower florets between the two baking sheets, and arrange the florets in a single layer on the baking sheets. Mist the cauliflower with oil spray, and sprinkle with salt and pepper.
3. Bake for 30 minutes, or until the cauliflower is golden brown and crispy at the edges, tossing the florets and rotating the baking sheets once halfway through.
4. Sprinkle with cheese evenly over the cauliflower. Return to oven and bake for 5 minutes

**Nutrition (per serving):** 65 calories; 200mg sodium; 5g protein; 1g Saturated fat ; 3g fiber; 2g fat; 5mg Cholesterol; 9g Total Carbohydrates

# Pear-Apple Fruit Crisp

8 Servings

## Ingredients

4 cups (about 1 ¼ pounds) sliced apples, like granny smith or honey crisp  
4 cups (about 1 ¼ pounds) sliced pears, like bosc  
2 tablespoon cornstarch  
1 teaspoon orange zest, from 1 orange  
2 tablespoons fresh orange juice  
1 ½ cups old- fashioned oats  
¼ cup sugar  
½ teaspoon kosher salt  
¼ teaspoon ground cinnamon  
¼ teaspoon fresh ground nutmeg  
¼ cup chilled unsalted butter, cut into chunks



## Preparation

1. In a large mixing bowl, combine the apples and pears with cornstarch, orange zest and orange juice. Pour the fruit mixture into a 2 quart baking dish and set aside.
2. In another bowl, combine the flour, oats, sugar, salt, cinnamon, nutmeg and butter. With a fork, squish the butter into the flour mixture until the flour is no longer dry (it should resemble wet sand).
3. Sprinkle the oat mixture evenly on top of the fruit and place the baking dish in the oven. Bake for about 60 minutes, or until the topping is crispy and brown and the fruit is bubbling. Allow the crisp to cool for at least 30 minutes so the filling can set, and then serve!

**Nutrition (per serving):** 215 calories; 7g fat; 4g saturated fat; 15mg cholesterol; 2.5g protein; 5.5g fiber; 95mg sodium; 38g total carbohydrate; 19g total sugars; 13g natural sugar; 6g added sugar.

# Sweet Potato & Spinach Quiche

## Ingredients

2 medium sweet potatoes  
1 teaspoon canola oil  
1 (5-ounce) bag baby spinach  
½ cup 1% low fat milk  
½ teaspoon kosher salt  
¼ teaspoon ground black pepper  
¼ teaspoon crushed red pepper  
4 large eggs  
2 large egg whites  
1.5 ounces feta cheese, crumbled



## Preparation

1. Preheat oven to 350 degrees
2. Peel and slice sweet potatoes
3. Coat the pie dish with cooking spray and fill the bottom of the dish with a layer of sweet potato slices. Cut the sweet potato rounds in half and fill the edges of the pie dish; round side facing up. Once the entire dish is filled, coat one more time with cooking spray. Bake for 20 min, turn heat up to 375 degrees.
4. For the filling, heat a nonstick skillet over medium heat. Add spinach; sauté 3 min. remove from heat; cool.
5. Combine milk and next 5 ingredients in a bowl; stir with a whisk. Arrange spinach mixture in crust; pour egg mixture over spinach. Sprinkle with feta. Bake at 375 degrees for 35 min. let stand 5 min. cut into 4 wedges.

## Pumpkin Meatballs with Cinnamon-Sage Tomato Sauce

*6 Servings*

### Ingredients

#### Meatballs

- 1 1/3 pounds ground turkey breast
- 1 cup canned 100% pumpkin puree
- 1 1/2 tablespoons chopped fresh sage
- 1 tablespoon brown sugar
- 1 1/4 teaspoons ground cinnamon
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground ginger
- 1/4 teaspoon garlic powder
- 1 egg slightly beaten



#### Cinnamon-Sage Tomato Sauce

- 3 cups reduced sodium chicken or vegetable broth
- One 24 ounce jar of your favorite tomato or marinara sauce
- One 15 ounce can 100 percent pumpkin puree
- 2 teaspoons dried basil
- 1 teaspoon garlic powder
- 1 teaspoon ground cinnamon
- 6 fresh sage leaves, minced
- Salt and pepper
- Crushed red pepper, optional

#### Spaghetti Squash Pasta

- 1 large spaghetti squash

## Preparation

1. Using a fork, mix together the turkey, pumpkin puree, sage, sugar, cinnamon, salt, black pepper, nutmeg, ginger, garlic powder and egg in a large bowl. Refrigerate at least 30 minutes to firm.
2. Preheat oven to 350 degrees F. Line a baking sheet with parchment paper.
3. Form the turkey mixture into evenly sized 1.5 inch meatballs. You should end up with about 22 in total.
4. Bake the meatballs for 15 min on each side. Carefully turn them over and bake for an additional 15 min.
5. Add the meatballs to a pot of simmering Cinnamon –Sage Tomato Sauce. Cover and simmer for another 10 to 15 min, allowing the meatballs to soak up the yummy sauce flavor.
6. Serve with Spaghetti Squash pasta

## Cinnamon-Sage Tomato Sauce

1. Add the broth, tomato sauce, pumpkin puree, basil, garlic powder, cinnamon and sage to a large pot and mix well
2. Bring to a boil, reduce heat and simmer uncovered for 15 min.
3. Season with salt & pepper to taste, sprinkle on crushed red pepper to kick up heat if desired.

## Spaghetti Squash Pasta

1. Microwave the spaghetti squash to soften slightly, about 4 min.
2. Slice off ends of the squash, then slice in half lengthwise, scoop out seeds and pulp
3. Place the squash cut-side down in a baking dish with an inch of water.
4. Microwave for 9 to 10 min. once cool, use a fork to scrape out spaghetti like strands.

# Healthy Pumpkin Cheesecake Muffins

*13 Servings*

## Ingredients

### Dry ingredients

- 1 ½ cups oat flour
- ½ cup brown sugar
- 1 teaspoon baking powder
- 1 teaspoon baking powder

### Wet ingredients

- 1 large egg
- ½ greek yogurt
- ½ milk of choice
- ½ cup mild tasting nut butter
- ½ cup canned pumpkin (not pie filling)

### Cream Cheese filling

- 3 tablespoons cream cheese softened
- 1 teaspoon pumpkin pie spice
- 1 teaspoon sugar



## **Instructions**

1. Preheat the oven to 350 degrees. Generously coat 2 standard size muffin trays with oil or butter.
2. In large mixing bowl, combine the flour, brown sugar, and baking powder.
3. In a small mixing bowl, whisk the egg, greek yogurt, milk, nut butter and canned pumpkin until fully incorporated.
4. In a separate small mixing bowl, combine the softened cream cheese, pumpkin pie spice and sugar and mix until combined. It should look similar to butter, set aside
5. Add the wet mixture to dry mixture and mix well until no clumps remain, do not overmix.
6. Pour 3 tablespoons of batter into the muffin tray. Add 1 teaspoon of the cream cheese filling as close to the center of each muffin as possible. Top each remaining muffin with around 2 tablespoons of the remaining batter until it is fully used up.
7. Bake in the oven for 18 – 25 min, until the tops are golden.
8. Remove from the oven and allow to sit for 5 min.